

NATURAL MEASURES.

SOME PERSONAL SUBSTITUTES FOR THE FOOT RULE.

Accurately Compile Your Own Table, Memorize It and Then Observe How Frequently It Will Prove of Valuable Service to You.

When the dressmaker wishes to estimate the number of yards in the piece of cloth furnished she will, four times out of five, measure it swiftly between her chin and her outstretched hand, or if it is a matter of inches, she will fold the bended upper joint of her thumb along the cloth.

She calls the one measure a yard and the other an inch, and the estimate is usually close enough to serve her purpose, although there are inches of difference in the length of arms, and a slight turn of the head will cause still greater error.

Since these methods have proved themselves so useful in spite of their inaccuracy, it is easy to see how valuable some similar measures which can be depended on would become.

The individual must necessarily be the first consideration. It is hardly within the bounds of possibility to find two persons identical in those dimensions of which use can be made. Thus each must establish his own table of measures.

The forearm—from point of elbow to tip of middle finger—is one of the most practicable of the natural measures. This is the cubit of Scripture.

Set the point of the bent elbow in the corner of the wall. Holding it firmly there, straighten the forearm and fingers, mark the point reached by the middle digit and measure carefully the distance to the wall. A man is likely to find this measure about twenty inches, a woman about sixteen.

For making a quick measurement of the side of a room, the length of a wood pile, and so forth, this idea has some very useful qualities.

Take the foot rule now and spread, or rather span, the hand to its utmost upon it. There is sure to be a difference between the right and left, so use always the same hand, or have a separate measure for each.

If extended rigidly to its utmost each time the inches "spanned" will be a practically fixed quantity. Note the measurement carefully, as before. It is most likely to be for an adult from seven and one-half to nine inches.

This is an even more convenient measure than that of the forearm, since it can be conveniently applied either horizontally or vertically and at any point where the hand can reach.

The "hand" of four inches used in the measurement of horses is of course derived from the breadth of the palm. But this has become so firmly fixed in its one use that it may as well be omitted here. The measure of thumb and palm is, however, worth consideration. The measurement from the opposite edge of the palm to the end of the extended thumb is very nearly six inches and is therefore a convenient unit.

These measures need, of course, to be supplemented by a shorter one, and here is the opportunity of our old friend the thumb joint. Bend the thumb sharply and measure on the back from the point of the knuckle, over the nail, to the end of the fleshy ball of the thumb.

The resulting "unit" is likely to vary from seven-eighths of an inch to one and one-half inches. If the measurement does not "come out" in even

PAINFUL PERIODS

Life often seems too long to the woman who suffers from painful periods. The eternal bearing-down, headache, backache, leucorrhea, nervousness, dizziness, griping, cramps and similar tortures are dreadful. To make life worth living, take

Wine of Cardui
Woman's Relief

It quickly relieves inflammation, purifies and enriches the blood, strengthens the constitution and permanently cures all diseased conditions from which weak women suffer.

It is matchless, marvelous, reliable.
At all druggists' in \$1.00 bottles.

WRITE US A LETTER

freely and frankly, in strictest confidence, telling us all your symptoms and troubles. We will send free advice (in plain sealed envelope). Address: Ladies' Advisory Dept., The Chattanooga Medicine Co., Chattanooga, Tenn.

"I SUFFERED GREATLY,"

writes Mrs. L. E. Clevenger, of Bellevue, N. C.: "At my monthly periods, all my life, but the first bottle of Cardui gave me wonderful relief, and now I am in better health than I have been for a long time."

quarter inches use a finger second joint instead. It will be as reliable and almost as convenient.

Everybody knows, or should know, his own height with sufficient exactness, but a still more useful piece of knowledge is the height of the eyes. This is, as a rule, about four and one-quarter inches less than the total height. But do not accept this subtraction for the new table; measure. When one is standing erect, with the face close to the wall, it is easy to mark the exact point in front of one's eyes when they are looking straight ahead. This measure will vary to a trifling extent with the changing thickness of boot soles, and so forth, but such an error rarely rises above one-sixteenth of an inch in the foot.

The measure of one's outstretched arms—beginning and ending with the tip of the middle fingers—is another valuable thing to know. The familiar theory that this "span" is the same as the height is not correct enough to be depended upon for purposes of measurement.

A much used natural measure is the pace. Probably everybody who has much to do with land is accustomed to employ it. The usual way is to stride off, taking as long steps as possible and "calling" each pace a yard. A far better way is to measure the natural step and continue to walk with it. Take twenty or thirty ordinary walking steps on level ground, measure the distance and secure the average length.

When the table of natural measures is fully compiled it will be somewhat like this:

Thumb joint.....1 1/4 inches
Thumb and palm.....6 inches
Hand span.....9 inches
Forearm.....20 inches
Stretch of arms.....5 feet 1 inch
Height.....5 feet 7 1/2 inches
Height of eyes.....5 feet 8 inches
Pace.....30 inches

When one has constructed his table, substituting his own measures for those given, let him not merely write it in a notebook, but memorize it. It will be used with surprising frequency. —I. R. Kent in Youth's Companion.

Some Seasonable Advice.

It may be a piece of superfluous advice to urge people at this season of the year to lay in a supply of Chamberlain's Cough Remedy. It is almost sure to be needed before winter is over, and much more prompt and satisfactory results are obtained when taken as soon as a cold is contracted and before it has become settled in the system, which can only be done by keeping the remedy at hand. This remedy is so widely known and so altogether good that no one should hesitate about buying it in preference to any other. It is for sale by all druggists.

Indolent Rosin.

Rosini was one of the most indolent men that ever lived, yet he wrote operas against time, as it were. "The Barber of Seville," for instance, was written and mounted in less than a month, which fact gave rise to Donizetti's cogent witticism. Upon being told that Rosini had finished his opera in thirteen days Donizetti replied: "It is very possible. He is so lazy!"

Mothers

Who would keep their children in good health should watch for the first symptoms of worms, and remove them with White's Cream Vermifuge. It is the children's best tonic. It gets digestion at work so that their food does them good, and they grow up healthy and strong. Sold by W. M. Johnson.

THE DAINTY WASP.

Apparatus With Which He Makes His Complicated Toilet.

"Wasps are exceedingly dainty in their habits," says a writer in the *Pilgrim*, "and, in order that they may gratify their instinct for neatness to the utmost, nature has provided them with a set of marvelously delicate combs and brushes. If we look closely at the wasp's legs we will find that each bears on its outermost long joint two small, movable spines, known as the apical spurs, and if we examine these with a magnifying glass each is seen to be provided with a row of fine teeth, so that the apparatus answers for a coarse and fine toothed comb.

"The tidying up process consists of various perfectly definite steps, usually taking place in a particular sequence. First, it passes both front legs over the face from above downward, and after repeating this movement several times draws them through the jaws. This is to remove any foreign substance which may have collected on them. The legs are then passed backward from the forehead, much as we should smooth back our hair. The wings are then stroked again and again from the base to the tip, although the most careful observer would fail to detect anything upon them. The abdomen is next carefully stroked from base to tip until every hair points in the right direction and a gloss as fine as satin is attained. Last of all, each of the six legs, in turn, is laboriously drawn between two of its fellows, so the wasp is once more ready to face its world."

Saved His Life.

J. W. Davenport, Wingo, Ky., writes, June 14, 1902: "I want to tell you I believe Ballard's Snow Liniment saved my life. I was under the treatment of two doctors, and they told me one of my lungs was entirely gone, and the other badly affected. I also had a lump on my side. I don't think that I could have lived over two months longer. I was induced by a friend to try Ballard's Snow Liniment. The first application gave me great relief; two fifty cent bottles cured me sound and well. It is a wonderful medicine and I recommend it to suffering humanity." Sold by W. M. Johnson.

A Story of Washington.

George Washington's head gardener was from some European kingdom, where he had worked in the royal grounds. But coming to America he left his wife behind. Homesickness for his "gude" woman's face soon began to prey on him, and Washington noticed the anxious eye and drooping spirits of his servant. Finally the man went down to the river and declared his intention of shipping to the old country, when who should come up and lean over the side of a newly arrived vessel but his wife. The kind-hearted general had secretly sent for the woman, and she fortunately surprised her loving husband in one of his fits of despondency.

A Judicious Inquiry.

A well known traveling man who visits the drug trade says he has often heard druggists inquire of customers who asked for a cough medicine, whether it was wanted for a child or an adult, and if for a child they almost invariably recommend Chamberlain's Cough Remedy. The reason for this is that they know there is no danger from it and that it always cures. There is not the least danger in giving it, and for coughs, colds and croup it is unsurpassed. For sale by all druggists.

Take The Atlantic Coast Line

FOR ALL EARTHLY POINTS

North Via Dupont or Jacksonville East Via Dupont or Jacksonville South Via P. & O. Steamship Line West Via Dupont or Jacksonville and Montgomery

Rapid Transit and Unsurpassed Service

Time Table in effect April 16, 1905.

Depart For	GAINESVILLE	Arrive From
8:10 p.m. Daily	High Springs and Intermediate Points	8:30 a.m. Daily
12:15 p.m. Daily	Ocala, Leesburg and Tampa, and Intermediate Points	8:40 p.m. Daily
1:50 p.m. Daily	Palatka, Jacksonville, North, East and West	1:35 p.m. Daily
12:05 p.m. Daily	High Springs, Waycross, Savannah, Brunswick, Albany, Atlanta, all Points North, East West	8:15 p.m. Daily
8:25 p.m. Daily	Rochelle, Micanopy and Citra	9:55 a.m. Daily
8:50 a.m. Daily ex. Monday	High Springs	7:20 p.m. Daily ex. Sunday

Interchangeable Mileage Tickets, good over 18,000 miles of among the principal railways in the Southern States, are on sale by the principal agents. Through Pullman sleeper Port Tampa to New York, via Atlantic Coast Line; also via Atlantic Coast Line and Southern Railway. For complete information, call on

J. A. GOODWIN, Ticket Agent, Gainesville.

Address: FRANK O. BOYLSTON, Dis. Pass. Agt., 138 W. Bay St., Astor Building, Jacksonville, Fla. H. M. EMERSON, Traf. Mgr., Wilmington, N. C. W. D. STARK, Trav. Pass. Agt., Jacksonville, Fla. W. J. CRAIG, Gen. Pass. Agt., Wilmington, N. C.

Gainesville & Gulf Railway Company

Time Table in effect September 24, 1905.

No. 4. Daily	No. 2. Daily	STATIONS.	No. 1. Daily	No. 3. Daily
Lv P M	Lv A M		Ar P M	Ar P M
8 00		Fairfield.....	2 30	
8 10		Irvine.....	2 20	
8 20		Dungarvan.....	2 10	
8 25		Southside.....	2 05	
8 30		Hickman.....	2 00	
8 35		Lake Simonton.....	1 55	
4 00		Micanopy.....	1 40	
4 10		Tacoma.....	1 30	
4 15		Kirkwood.....	1 25	
4 20		Clyatt.....	1 20	
4 30		Wacahoota.....	1 10	
4 40		Rocky Point.....	12 55	
5 00		Gainesville.....	12 30 Lv	
6 00 Lv	6 30		9 20	10 25 Ar
6 30	6 55	Bellamy.....	8 55	9 55
6 50	7 05	Cyril.....	8 40	9 35
7 08	7 12	Graham.....	8 32	9 22
7 15 Ar	7 28	Sampson City.....	8 20	9 10
9 50	10 50	Palatka, G. S. & F.....	5 50 p	6 00 a
8 45	8 45	Lake City, G. S. & F.....	7 04 p	7 42
	3 10 p	Tallahassee, S. A. L.....	1 48 p	
11 05	11 00 a	Valdosta, G. S. & F.....	6 50 p	5 20
8 55 a	4 20 p	Macon, G. S. & F.....	11 30 a	12 40 a
7 35 a	7 55 p	Atlanta, C. of Ga.....	7 50 a	9 00
Ar A M	Ar P M		Lv A M	Lv P M

* Trains 3 and 4 do not run between Gainesville and Fairfield on Sundays. L. E. BARKER, General Superintendent J. F. HILL, Agent.

SOUTHERN RAILWAY.

Effective May 28, 1905.

2 Vestibule Trains East No. 84 No. 20	North and West.	No. 18
Lv Jacksonville..... So. Ry. 9 10a 7 55p	Lv Jacksonville, Fla..... So. Ry. 7 45p	Lv Jacksonville, Fla..... So. Ry. 7 45p
Lv Jesup..... So. Ry. 11 40a 10 40p	Lv Jesup, Ga..... So. Ry. 10 30p	Lv Jesup, Ga..... So. Ry. 10 30p
Lv Savannah..... So. Ry. 1 20p 12 15a	Lv Macon, Ga..... So. Ry. 8 00a	Lv Macon, Ga..... So. Ry. 8 00a
Ar Columbia..... So. Ry. 6 55p 6 00a	Ar Atlanta, Ga..... So. Ry. 5 30a	Ar Atlanta, Ga..... So. Ry. 5 30a
Ar Charlotte..... So. Ry. 10 25p 9 55a	Ar Rome, Ga..... So. Ry. 7 30a	Ar Rome, Ga..... So. Ry. 7 30a
Ar Greensboro..... So. Ry. 1 13a 12 51p	Ar Dalton, Ga..... So. Ry. 5 25a	Ar Dalton, Ga..... So. Ry. 5 25a
Ar Danville..... So. Ry. 2 21a 2 10p	Ar Olatonoo, Tenn..... So. Ry. 9 45a	Ar Olatonoo, Tenn..... So. Ry. 9 45a
Ar Richmond..... So. Ry. 6 58a 6 42p	Ar Lexington, Ky..... So. Ry. 5 20p	Ar Lexington, Ky..... So. Ry. 5 20p
Ar Lynchburg..... So. Ry. 4 34a 4 20p	Ar Cincinnati, O..... Q. & C. 7 40p	Ar Cincinnati, O..... Q. & C. 7 40p
Ar Charlottesville..... So. Ry. 6 18a 6 10p	Lv Cincinnati, O..... Big Four 8 40p	Lv Cincinnati, O..... Big Four 8 40p
Ar Washington..... So. Ry. 9 50a 9 50p	Ar Chicago, Ill..... Big Four 7 10a	Ar Chicago, Ill..... Big Four 7 10a
Ar Baltimore..... P. R. R. 11 30a 11 25p	Lv Cincinnati, O..... Pa Lines 8 35p	Lv Cincinnati, O..... Pa Lines 8 35p
Ar W. Ph'del'ia P. R. R. 1 45p 2 35a	Ar Chicago, Ill..... Pa Lines 7 10a	Ar Chicago, Ill..... Pa Lines 7 10a
Ar New York..... P. R. R. 4 13p 6 30a	Lv Cincinnati, O..... C. H. & D. 8 45p	Lv Cincinnati, O..... C. H. & D. 8 45p
	Ar Chicago, Ill..... Monon 7 25a	Ar Chicago, Ill..... Monon 7 25a
No. 34—"New York and Florida Express." Daily Pullman Drawing Room Sleeping Car Port Tampa and Jacksonville to New York.	Lv Cincinnati, O..... C. H. & D. 9 45p	Lv Cincinnati, O..... C. H. & D. 9 45p
No. 30—"Washington and Florida Limited." Daily Pullman Drawing Room Sleeping Car Jacksonville to New York.	Ar Toledo, O..... C. H. & D. 6 30a	Ar Toledo, O..... C. H. & D. 6 30a
	Ar Detroit, Mich..... P. M. 7 25a	Ar Detroit, Mich..... P. M. 7 25a
Through "The Land of the Sky" No. 30	Lv Cincinnati, O..... Pa Lines 8 35p	Lv Cincinnati, O..... Pa Lines 8 35p
Lv Jacksonville, Fla..... So. Ry. 7 55p	Ar Pittsburgh, Pa..... Pa Lines 5 55a	Ar Pittsburgh, Pa..... Pa Lines 5 55a
Lv Savannah, Ga..... So. Ry. 12 15a	Lv Cincinnati, O..... Big Four 9 30p	Lv Cincinnati, O..... Big Four 9 30p
Ar Columbia, S. C..... So. Ry. 6 00a	Ar Cleveland, O..... Big Four 6 45a	Ar Cleveland, O..... Big Four 6 45a
Ar Asheville, N. C..... So. Ry. 1 50p	Lv Lexington, Ky..... So. Ry. 5 30p	Lv Lexington, Ky..... So. Ry. 5 30p
Ar Hot Springs, N. C..... So. Ry. 2 37p	Ar Louisville, Ky..... So. Ry. 8 10p	Ar Louisville, Ky..... So. Ry. 8 10p
Ar Knoxville, Tenn..... So. Ry. 6 00p	Ar St. Louis, Mo..... So. Ry. 7 32a	Ar St. Louis, Mo..... So. Ry. 7 32a
Ar Louisville..... So. Ry. 8 50a	Ar Anniston, Ala..... So. Ry. 9 40a	Ar Anniston, Ala..... So. Ry. 9 40a
Ar St. Louis..... So. Ry. 4 55p	Ar Birmingham, Ala..... So. Ry. 11 45a	Ar Birmingham, Ala..... So. Ry. 11 45a
Ar Cincinnati..... Q. & C. 8 15a	Ar Memphis, Tenn..... Frisco 8 00p	Ar Memphis, Tenn..... Frisco 8 00p
	Ar Kansas City, Mo..... Frisco 9 45a	Ar Kansas City, Mo..... Frisco 9 45a
	Memphis, Tenn..... 8 30p	Memphis, Tenn..... 8 30p
	Hot Springs, Ark..... 9 25a	Hot Springs, Ark..... 9 25a
	No. 18—"The Florida Limited." Daily. Solid vestibule train, through day coaches and Pullman Sleeping Car, Jacksonville to Cincinnati.	
	No. 19—"Pullman Drawing Room Sleeping Car between Jacksonville, Birmingham, Memphis, Kansas City and Colorado Springs.	

ARRIVALS AT JACKSONVILLE.

From New York, Washington, etc.—No. 29, "Washington and Florida Limited" 9:00 a. m.
From New York, Washington, etc.—No. 33, "Washington and Florida Express" 8:20 p. m.
From Cincinnati, Asheville, etc.—No. 29, "Washington and Florida Limited" 9:20 a. m.
From Chicago, Cincinnati, Atlanta, etc.—No. 14, "Fla. Limited," 9:35 a. m.
J. C. LUSH, District Passenger Agent, 109 W. Bay St., Jacksonville, Fla.
S. H. HARDWICK, P. T. M. W. H. TAYLOR, G. P. A. BROOKS MORGAN, A. G. P. A.

THE SUN
JOB PRINTING
DEPARTMENT

Makes a Specialty of All Kinds
of Plain and Fancy

Commercial
Job Printing

... For...

Business Men,
Professional Men,
Manufactories, Etc
Legal Blanks on Short Notice

The following letter from one of our
mail order customers is self-explanatory:

Louisville, Ky., Feb. 27, 1905.
A. H. McCreary,
Gainesville, Fla.

Dear Sir: Received the printing
matter in due time, and will say that
it is perfectly satisfactory. I like the
envelopes so much. Many thanks for
your prompt attention in filling order.
Yours truly,
Mrs. M. C. COURTNEY.

Send orders to THE SUN,
Gainesville, Fla.